



## Creamy Pumpkin Seed Dressing

**Total time:** 5 minutes

**Yield:** 8- 1 ounce servings

**Ingredients:**

- ½ cup to ¾ cup boiled water
- ½ cup pumpkin seeds, raw or dry roasted
- 1 clove garlic
- 2 tablespoons lime juice
- 1 tablespoon extra virgin olive oil
- 1 tablespoon maple syrup
- 1 teaspoon ground cumin
- 1 teaspoon sea salt

**Directions:**

1. Add all ingredients to a blender. Blend until smooth and creamy.
2. Store in an airtight container in the fridge for up to 4 days. Shake or stir well before using.

**Note:**

- This dressing or sauce is excellent as a salad or coleslaw dressing, drizzled on brown rice or another whole grain, roasted sweet potatoes, roasted root vegetables, or even as a dip for fresh vegetables.

**Recipe adapted from:**

*Whole Bowls* by Allison Day

<b>Nutrition Facts</b>		<b>Amount</b>	<b>% Daily Value*</b>	<b>Amount</b>	<b>% Daily Value*</b>
<b>Amount per</b>	29 g	<b>Total Fat</b> 3.2g	5%	<b>Total Carbohydrates</b> 3g	1%
1 serving (1 oz)		Saturated 0.5g	3%	Dietary Fiber 0g	2%
<b>Calories</b> 44		Trans Fat 0g		Sugars 2g	
From fat 27		<b>Cholesterol</b> 1mg	0%	<b>Protein</b> 2g	3%
<i>HappyForks.com</i>		<b>Sodium</b> 319mg	13%	<b>Calcium</b> 1% • <b>Iron</b> 3%	<b>Vitamin A</b> 0% • <b>Vitamin C</b> 2%
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					